

TOOLBOX TALK #49

COVID 19 – PROTECT YOURSELF

Clean Your Hands Often

- Wash your hands often with soap and water for at least 20 seconds especially after you have been in a public place or after blowing your nose, coughing or sneezing.
- If soap and water are not readily available, use a hand sanitizer which contains at least 60% alcohol. Cover all surfaces of your hands and rub them together until they feel dry.
- Avoid touching your eyes, nose and mouth with unwashed hands.

Avoid Close Contact

- Avoid close contact with people who are sick.
- Put distance between yourself and other people if COVID-19 is spreading in your community. This is especially important for people who are at a higher risk of getting very sick.

Take Steps To Protect Others

- Stay home if you are sick, except to get medical care.

Cover Coughs And Sneezes

- Cover your mouth and nose with a tissue when you cough or sneeze, or use the inside of your elbow.
- Throw used tissues in the trash.
- Immediately wash your hands with soap and water for at least 20 seconds. If soap and water are not readily available, clean your hands with a hand sanitizer that contains at least 60% alcohol.

Wear A Facemask If You Are Sick

- If you are sick, do not go to work. Stay home. You should wear a face mask when you are around other people (i.e., sharing a room or vehicle) and seek medical care. You should wear a facemask before you enter a healthcare provider's office. If you are not able to wear a facemask (i.e., because it causes trouble breathing), then you should do your best to cover your coughs and sneezes, and people who are caring for you, should wear a facemask if they enter your room.
- **If you are not sick:** You do not need to wear a facemask unless you are caring for someone who is sick (and they are not able to wear a facemask). Facemasks may be in short supply and they should be saved for caregivers.

Clean And Disinfect

- Clean and disinfect frequently touched surfaces daily. This includes tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets and sinks.
- If surfaces are dirty, clean them with detergent or soap and water prior to disinfection.